

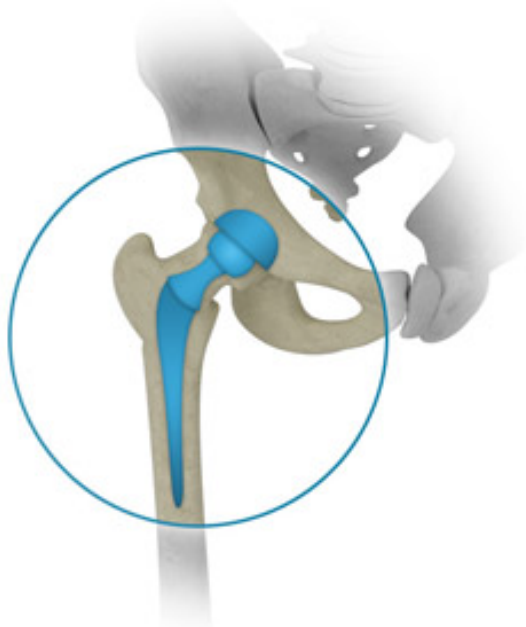


CLINIQUE
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Practical guide:
Hip



Practical Guide : Hip



The surgery is performed either by arthroscopy or by an opening, or a combination of both.

Here is a brief description of hip surgeries. Do not hesitate to ask questions if you need additional information. This will ensure you have all the needed instructions. It's important to be well prepared.

It is important to stop taking any anti-inflammatory medication or aspirin 7 days before the surgery.

Total hip replacement with prosthesis

The prosthesis will be used to replace the worn joint (osteoarthritis) to allow you to regain full mobility by eliminating the symptoms of discomfort in order for you to resume a more active lifestyle.

Total hip revision with prosthesis

This surgery involves removing or correcting a part or all of the implanted prosthesis.

Post-surgical Instructions for the hip:

To help with your recovery from a hip surgery, the following exercises are recommended in order to avoid complications such as ankylosis and thrombophlebitis (clots in the venous network). These exercises will help in the recovery. Begin your exercises the day after the surgery.

- Flexion / extension of toes, ankle, knee and hip
- Rotation of ankle
- Crush your knee into the mattress to force the quadriceps (front muscle of the thigh). Hold 10 seconds and do 10 times per hour. You can put a rolled towel under the knee to crush it.
- To decrease the swelling, keep your leg elevated (on a stool or chair).

To move around, use your crutches or a cane to ensure your safety and reduce the pain.

*Your crutches will be adjusted the morning of your surgery.

*If you use a cane it must be held in the hand opposite your operated hip.

Please wait for the next visit to your surgeon or for your first appointment in physiotherapy before doing any other exercises. You will then be given further instructions on doing specific exercises depending on the type of surgery performed.

Getting sufficient rest and respecting your limitations also help in the recovery. Take care of yourself and do not hesitate to ask for help. Remember, your recovery period is only temporary.